GRILLING'S RED-HOT, BUT IS IT GREEN?
KEEPING YOUR BBQ ECO-FRIENDLY {page 26}

BURNING
RIHANNA'S LATEST FUELS DEBATE
METRO SCENE {page 18}

TORONTO metro®
Monday, August 9, 2010
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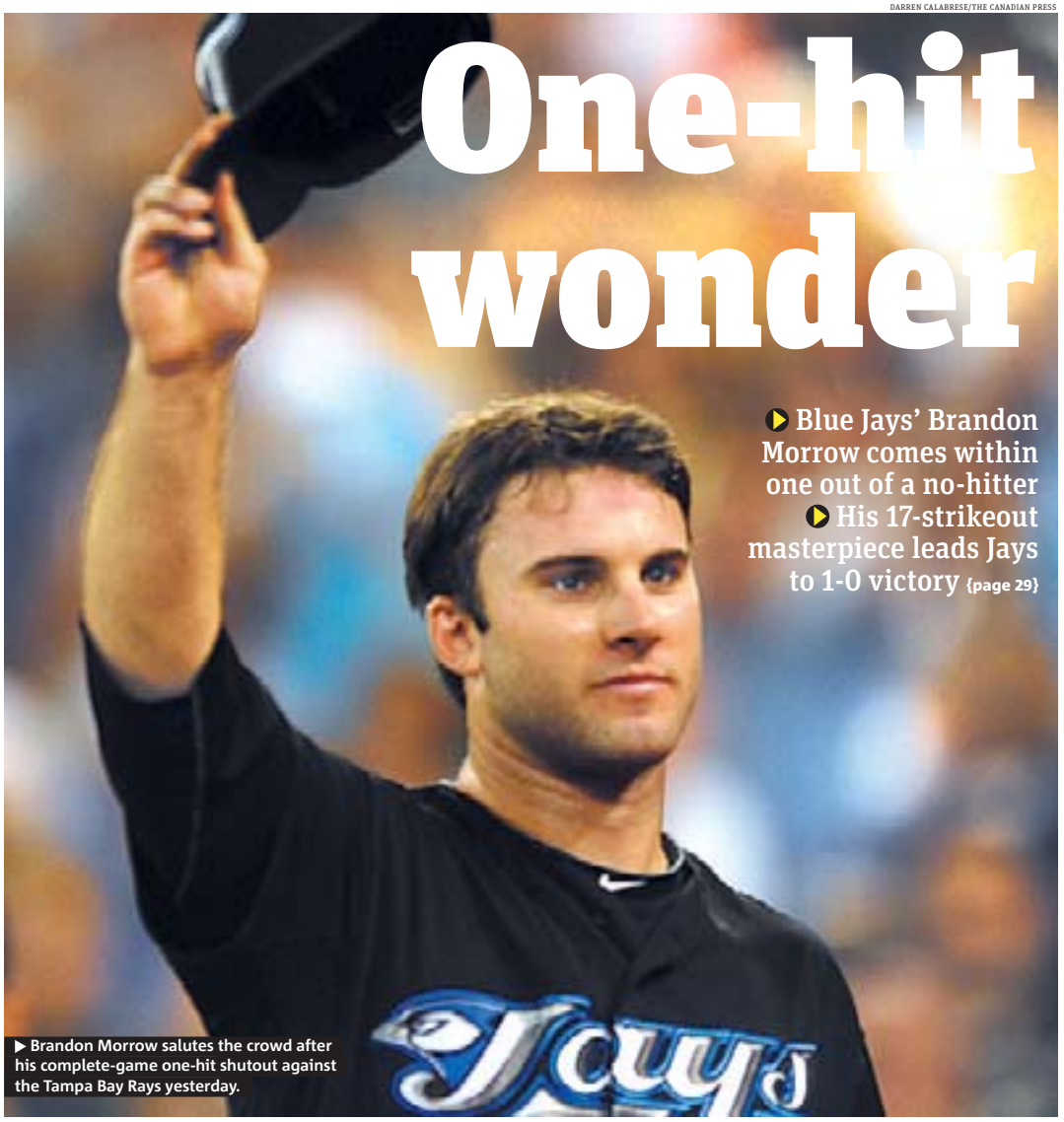
One-hit wonder



Blue Jays' Brandon Morrow comes within one out of a no-hitter
His 17-strikeout masterpiece leads Jays to 1-0 victory {page 29}

▶ Brandon Morrow salutes the crowd after his complete-game one-hit shutout against the Tampa Bay Rays yesterday.

Floods

N disasters rock Asia

Hundreds killed, hundreds more missing after floods and landslides China endures its worst seasonal flooding in a decade {page 10}

Baby, that's a lot of photos

What's a parent to do with thousands of those precious shots? {page 23}

Way beyond the three Rs

Drug abuse among topics in new curriculum {page 8}

Rivers runs through it

Comedy legend opens up in new documentary {page 20}

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Faster. Smarter.

Talent shines at Newcomer Idol

Many contestants in Toronto's inaugural vocal competition already seasoned performers back home

There wasn't a multimillion-dollar contract with a record company. Simon, Randy or Ellen weren't among the judging panel. A plastic trophy was all a winner would earn.

But that didn't matter to Mao Ke, one of five finalists in Canada's inaugural Newcomer Idol competition. She may be unknown here, but she's already a seasoned performer with three pop and classical albums in China, looking for a stage on which to shine in her new country.

Ke, who came from Guangzhou, China, four years ago to study voice at Toronto's prestigious Glenn Gould School, was the first to be called on stage at Grange Park. Her number, As Long As He Needs Me, captivated the hundreds of spectators there on Friday as part of a street festival.

"That was fantastic," responded Tarik Bacchus, one of three judges and an employee of University Settlement, an immigrant and social service agency, who has performed in rock bands himself. "You've forced me to be very picky. Your tone was just great."

The agency advertised the contest among a network of 50 community groups, and eventually relaxed the rules to allow people to dance and play instruments as well as sing.

"Everybody has their own stories, their own issues," Ke said of the 17 contestants who took part in the event. "The Newcomer Idol is a platform for us to make friends, share our experience and support each other. We are one community."

Zarrin Biniaz, originally from Tehran, has also recorded two albums and performed in many concerts, including a handful since she moved to Toronto more than two years ago.

She found it hard to perform outdoors, she confessed. "I wasn't very happy with my performance. I didn't like the acoustics at all," said Biniaz, who performed a Persian song with her own seztar, an ancient guitar.

Spectators' votes counted for 50 per cent of the score. TORSTAR NEWS SERVICE

Winning notes

▶ It was Yuan Wang's performance of Butterfly Lovers with her er-hu — a traditional Chinese fiddle — that won the judges' and audience's hearts.

"It doesn't matter if we win or lose. This is fun," said the 18-year-old from Tianjin, China, who has been performing since she was a kid. "Music is an international language. I'm glad that people liked the er-hu."

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Singer Mao Ke of Guangzhou, China, belts out a version of musical-theatre standard As Long As He Needs Me yesterday during the inaugural Newcomer Idol competition

1 news

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Guidy Mamann writes on how Canada's immigration laws have little tolerance for criminal misadventure, at metronews.ca/blogs

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it's time for a time out

Artisans, plowing matches and corndaze!

August is filled from start to finish with family fun in Perth County. Come for the treasures, crafts and food on Artisan Weekends, featuring BBQ pork and live local music. Be part of the Mitchell Cornfest, including soap box derby and free activities for the kids. And the Perth County Plowing match is the summer's "don't miss" event. **Artisan weekends: August 7, 14, 21, 28 in Shakespeare. Mitchell Cornfest, from August 20-22. Perth County Plowing Match: August 28. Call 888.366.0160.**

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Hey Jude, you better get your master's degree

- Some say credentials key in current labour market
- For many instructors, degree is like a rubber-stamp

Despite having decades of experience, some teachers are rushing to get a master's degree to stay qualified as colleges morph into degree-granting institutions.

A quiet rivalry has always existed between colleges and universities, one promising practical courses, the other, theoretical, some long-time college faculty members have said.

But as more and more colleges offer degrees, the pressure is on for people like Mary-Lu Zahalan to shore up their resumé with academic qualifications.

"In the big picture, this will be the best thing that ever happened," said Zahalan, an instructor with Sheridan College's music theatre-performance program. She went all the way to Liverpool's Hope University to get a master's in popular music with a focus on the Beatles.

"I was frustrated by the lack of respect — sounds rather harsh — but that kind of feeling that you're not as respected if you're a performer and not an academic."
MARY-LU ZAHALAN, INSTRUCTOR, SHERIDAN COLLEGE

There are six colleges in Ontario with applications before the Ministry of Training, Colleges and Universities for new or revised degree programs. Among them is Sheridan College.

The ministry grants a degree program to a college after it's recommended by the Post-secondary Education Quality Assessment Board. The board reviews the proposal by examining the content of the college program, its resources and its faculty.

Zahalan would have kept her job without the master's, but would have had to give up her role as the head of the commercial performance department she helped create.

THE CANADIAN PRESS

Traffic. Gardiner gridlock

▶ The Gardiner Expressway at the Jameson exit.

ROGER CULLMAN/FOR METRO TORONTO

No 'express' on this Expressway

Construction crews demolished part of the Gardiner Expressway at the Jameson exit, leading to gridlocked traffic on the Lakeshore, affecting thousands of commuters going into and out of the city over the weekend.

The suspect

Described as black, 30 to 40 years old, 177 cm tall and wearing red shoes.

Woman assaulted

Police say a woman was struck with a blunt object and sexually assaulted on Royal York Road near Cavell Avenue Saturday night.

THE CANADIAN PRESS

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Charged after faking cancer for donations

Parents refuse to support woman who claimed she was terminally ill ‘Despicable’ says Facebook group

A woman accused of pretending to have cancer in order to raise money for herself is to appear in an Ontario courtroom to face charges today, but her father said she won't have the support of her family.

“She was pleading for me to be there because she doesn't have anybody else,” said Mike Kirilow yesterday, moments after he got off the phone with his daughter Ashley Kirilow who made a collect call from a detention centre.

“I want no part of this. She told me to stay out of her life. I gave her every opportunity to do the right thing,” said a weary Kirilow.

MYSPACE

▶ Ashley Kirilow

Police allege 23-year-old Ashley Anne Kirilow of Burlington, Ont., organized fundraisers with the help of others who believed her to be terminally ill.

Kirilow turned herself in to police on Friday and was charged with three counts of fraud under five-thousand dollars.

The case has exploded, grabbing international headlines and causing outrage on a Facebook wall for the charity Change for a Cure, which Ashley Kirilow created.

Photos on the website on Saturday showed Kirilow, smiling, but looking sallow as she wore a pink knit hat to cover her apparently bald head. In the picture, Kirilow is showing off tattoos on her knuckles that read “won't quit.”

THE CANADIAN PRESS

Supporters

Ashley Anne Kirilow allegedly raised thousands of dollars in fake charity money by claiming she was suffering from cancer. Jenn Kuhn said in an email she became friends with Kirilow on Facebook in September, 2009, after mutual friends told Kuhn about the young woman's illness.

- **Facebook** Kuhn invited her friends to join a group on Facebook and put in many hours to assist with fundraising events.
- **Lost touch** Kuhn said Kirilow lost touch with her supporters in April and by May, Kirilow had changed her phone number and began distancing herself from the charity she had helped create.
- **Told parents** In June, Kuhn was contacted by Kirilow's parents, who said their daughter had admitted to her father that she did not actually have cancer.

▶ Canadian Omar Khadr, now 23, has been held at Guantanamo Bay since 2002.

OMAR KHADR

U.S. trial finally starts

The first war-crimes trial of the Obama administration is slated to start this week as Canada's Omar Khadr, now 23, fights a desperate battle to stave off a possible life behind bars.

Khadr was just 15 when he was captured in July, 2002 in Afghanistan. Khadr was found horrifically wounded in the rubble of a bombed-out compound following an assault by U.S. forces.

The prosecution maintains he threw a hand grenade that killed U.S. special forces Sgt. Chris Speer. For that, Khadr is charged with murder in violation of the rules of war.

The start of the trial itself with the seating of a jury comprising military officers may still be days away.

The court first must consider several pretrial motions filed by the defence, now comprising only Pentagon-appointed lawyer Lt. Col. Jon Jackson. Khadr fired his American civilian advocates. THE CANADIAN PRESS

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News in brief

New playground for Vic Park kids

GOOD DEEDS. It took six hours, 16,000 pounds of concrete and 300 volunteers, but the children of a Victoria Park and Sheppard Avenue housing complex now have their playground.

Hundreds gathered at a Toronto Community Housing complex yesterday to construct and unveil the new playground, which is expected to be used by the estimated 9,000 children living in the city-designated "priority neighbourhood."

"Play is an absolute right for kids, not a luxury," said Darell Hammond, CEO and co-founder of KaBOOM!, the non-profit agency that organized the project. "It builds an appetite, an appreciation and a foundation for future physical activity."

KaBOOM! worked with the Toronto Community Housing Corporation and the insurance provider Foresters, who provided the funding, to build the 2,700-square-foot playground, which features new swings, and a spiral slide.

TORSTAR NEWS SERVICE

Food festival smashes record

GOOD EATS. Pilaros 2010 Taste of the Danforth was declared another success by the GreekTown on the Danforth BIA restaurateurs, retailers and Torontonians. Friday and Saturday smashed previous attendance records with organizers anticipating a weekend record-breaking 1.3 million attendees as of yesterday.

METRO NEWS SERVICES

Ont. lesson plans to tackle bullying

Liberals revamp curriculum Sex ed unchanged as Grits review 'options for a broader consultation': Clarke

FRANK GUNN/THE CANADIAN PRESS

Premier Dalton McGuinty promised to consult more widely with parents before making any modifications to sex ed, but it's still unclear when that will happen.

Bullying, cyberstalking, drug abuse and defibrillators are among the new subjects coming this fall to elementary school classrooms across Ontario.

The governing Liberals are forging ahead with almost all of their changes to the province's health and physical education curriculum, which hadn't been updated since 1998.

"About 90 per cent of the proposed health and physical education curriculum is going forward, and that relates to such issues as gym, fitness, healthy eating, drug abuse," said Frank Clarke, a spokesman for Education Minister Leona Dombrowsky.

Only the sex education portion of the curriculum — whose controversial reforms were scrapped in April after it raised the ire of parents and religious groups — will remain unchanged.

A public uproar over revisions that would have seen Grade 3 students learn about sexual orientation and masturbation broached in Grade 6 forced the government to ditch the changes it had publicly defended for days.

Parents can expect lessons on healthy eating, drug and alcohol abuse and even dating violence starting in September.

THE CANADIAN PRESS

Life lessons 101

Some of the new curriculum implemented will vary from grade to grade. Here is a brief list:

- **Grade 1** Kids will be introduced to the Canada Food Guide and learn about different food groups.
- **Grade 4** Students will learn how to identify substances like tar and carbon monoxide in cigarettes.
- **Grade 7** Students will get lessons on the benefits and dangers of using computers and other technologies, like cyberstalking.
- **Grade 8** Students will learn about defibrillators, as well as analyze the impact of violent behaviours — including race-based violence and dating violence — and learn what they can do to try to prevent it.

Que. stimulus favours Tory ridings

Ridings receiving the most money are Tory-won political hot spots

Two Conservative ridings were the biggest Quebec beneficiaries of a federal stimulus program set aside for rural areas, while other Tory-held areas received a considerable share of funds reserved for the province.

In the initial wave of stimulus spending under the Community Adjustment Fund — a country-wide program — the two Quebec ridings that received the most were key electoral battlegrounds held by the Tories.

Of the 10 ridings to receive the most money in Quebec, four were Conservative though the party holds just 11 of the province's 75 seats.

THE CANADIAN PRESS

Stimulus bias?

The research tracked spending delivered June 2009 to March 2010 through the adjustment fund, which targets rural areas and communities of fewer than 250,000 people.

- The results offer a snapshot of Ottawa's $62-billion program to bolster the economy amid the global recession.
- A 2009 Canadian Press study similarly found that in almost every province, a Conservative riding was first in terms of overall grant money received.
- Ottawa insists political considerations do not factor into the decisions of who gets what.

UN. Mogadishu

▶ UN envoy to Somalia Augustine Mahiga says UN staff to presume work in the Somali capital in coming months

KHALIL SENOSI/AP PHOTO

UN back in Mogadishu

In the Kenyan capital, Nairobi, the UN envoy for Somalia said that in coming months international staff from the organization may work in the battle-scarred Somali capital of Mogadishu, for the first time in many years.

No 'honour' crimes in Criminal Code

PAUL CHIASSON/THE CANADIAN PRESS

▶ Justice Minister Rob Nicholson

Canada's justice minister has moved to quash weeks of confusion by playing down the idea that Ottawa might amend the Criminal Code to include so-called "honour killings."

Justice Minister Rob Nicholson says Ottawa is making honour crimes a priority, but there isn't any real need to change the Criminal Code to do so.

That puts an end to weeks of head-scratching prompted by a remark from one of his cabinet colleagues, Rona Ambrose, that the government was considering Criminal Code amendments.

THE CANADIAN PRESS

High cop demoted to 3rd class

A police officer in southern Ontario who pleaded guilty last week to smoking marijuana while off duty will be demoted.

Const. Beverley Brennan of the St. Thomas police will be demoted to 3rd class constable for six months, before she can progress back to her current rank of 1st class constable.

Her punishment was decided at a disciplinary hearing on Saturday night.

The seven year veteran has been on paid suspension since being charged with two counts of discreditable conduct in early June.

THE CANADIAN PRESS

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World report

▶ Spectators react at the Sauna World Championship in Finland after a contestant died with severe burns

MAN DIES DURING SAUNA COMPETITION

A Russian man trying to win the Sauna World Championships died after collapsing with severe burns in the final stage of an event that required contestants to sit in a 110 Celsius room as water was tossed onto a searing stove, officials and witnesses said.

Vladimir Ladyzhenskiy, an amateur wrestler who was in his 60s, was pronounced dead late Saturday after he collapsed alongside reigning champion Timo Kaukonen of Finland roughly six minutes into the final round.

Nearly 1,000 spectators had gathered in the southern Finnish town of Heinola to watch 130 competitors from 15 countries, waving flags and cheering on the contestants before medical workers pulled the shaking and bleeding men out of the sauna.

Video footage shows workers pouring cold water over the two men and administering first aid as organizers tried to cover up the scene and calm spectators.

The men were bleeding from what appeared to be severe burns, said Hakon Eikesdal, a photographer with the Norwegian daily Dagbladet.

Ladyzhenskiy headed a charity fund in the Siberian city of Novosibirsk. The fund's spokesman Konstantin Kruglyansky told the LifeNews daily that his family has demanded an investigation into his death.

Kaukonen, about 40, was hospitalized in stable condition yesterday, contest spokesman Ossi Arvela said.

The annual contest had been held since 1999. It will never be held again, Arvela said.

There was no prize other than "some small things" Arvela said. He declined to provide details.

THE ASSOCIATED PRESS

Asia deluged by flooding

China, Pakistan and India hardest hit by heavy rains, floods, and landslides ◗ Destroyed crops raise fears of widespead food shortages

Floods and landslides across Asia plunged millions into misery yesterday as rubble-strewn waters killed at least 127 in northwestern China and 4 million Pakistanis faced food shortages amid their country's worst-ever flooding.

In Indian-controlled Kashmir, rescuers raced to find 500 people still missing in flash floods that have already killed 132, while North Korea's state media said high waters had destroyed thousands of homes and damaged crops.

Terrified residents fled to high ground or upper stories of apartment buildings in China's Gansu province after a debris-blocked river overflowed during the night, smashing buildings and overturning cars.

The official Xinhua News Agency said yesterday that authorities were seeking to locate an estimated 1,300 people still missing in the latest deluge in a summer that has seen China's worst seasonal flooding in a decade. That figure was down from 2,000 earlier in the day.

Worst hit was the county seat of Zhouqu in the province's Gannan Tibetan Autonomous Prefecture, where houses buckled and streets were filled with more than a meter of mud and water.

The landslides struck after heavy rains lashed China late Saturday, causing the Bailong River to burst its banks, Xinhua quoted the head of Zhouqu county, Diemujiangteng, as saying.

The devastation was worsened by flotsam that blocked the river upstream, creating a 3-kilometre-long lake that overflowed and sent waves of mud, rocks and water crashing down on the town, ripping houses from their foundations and tearing six-story apartment buildings in half.

Firefighters rescued 28 people yesterday, Xinhua said. THE ASSOCIATED PRESS

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Unprecedented

- Around China, the country's worst flooding in a decade has killed more than 1,100 people this year, with more than 600 still missing. The floods have caused tens of billions of dollars in damage across 28 provinces and regions.
- In Pakistan, more than 1,500 people have been killed and millions more left begging for help following the worst floods in the country's history. Prices of fruit and vegetable skyrocketed yesterday, with more than 405,000 hectares of crops destroyed and at least 4 million people in need of food assistance.

GURINDER OSAN/AP PHOTO

▶ Grieving relatives console each other as they prepare to take the body of a relative from a makeshift mortuary outside the government hospital yesterday in Leh, India.

Canadian prisoners aging: Report

Canadian prisons are undergoing a demographic shift with wide-ranging implications for the correctional system.

The number of federal inmates older than 50 have surged by almost half in less than a decade.

THE CANADIAN PRESS

Grey stripes

- Canada's federal prison ombudsman says the numbers of aging prisoners will rise even further if the Tory government passes its tough-on-crime agenda.
- Correctional Service Canada records show 2,379 of the 13,286 total inmates in 2009 were over the age of 50, and experts say this number could continue to increase.

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50	$17	$35	$60	$13	$26	$40
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Nursing home residents abused in Nova Scotia

But numbers are down since the first year of the province's Protection of Persons of Care Act

Nursing home staff hit, spit and in one instance used a pen to draw on a resident, according to Nova Scotia government summaries of abuse at homes over the past 20 months.

But the frequency of abuse against nursing home residents has fallen notably over the past two years when compared with similar government reports in 2007-08.

An update of the abuse cases obtained by The Canadian Press through access-to-information legislation shows there were 20 incidents of abuse — including 15 involving staff — at nursing homes from Oct. 1, 2008 until this June. In all, Health Department investigators probed 61 complaints of abuse.

"The intention was to ensure that incidents of abuse in residential care facilities wouldn't be covered up and hidden, but would be reported and acted upon." HEALTH MINISTER MAUREEN MACDONALD, WHO INTRODUCED THE ACT

An October 2008 report says a staff member at Northwoodcare Ltd. in Halifax hit a resident on the head when the resident made a negative comment about her jewelry.

The staff member was ordered to attend a mandatory abuse training session, but instead quit her job.

There were also seven nursing home cases and one residential care facility case that were classified as "neglect," where the institution involved failed to provide proper care.

THE CANADIAN PRESS

Russia. Heatwave

▶Young American tourists brave the thick blanket of smog covering Moscow as they visit the Red Square, yesterday.

PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Heat gives way to wildfires, smog

Moscow authorities yesterday opened more than 120 anti-smog centres to give residents an escape from record-breaking heat and choking smoke from wildfires blazing around the capital. Dozens of flights were grounded at local airports. Air-conditioned rooms that have opened to the public in government buildings and hospitals, city official Vladimir Petrosyan said.

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U.S. FEDERAL RESERVE

More stimulus for U.S.?

Investors will be looking to the U.S. Federal Reserve's meeting on interest rates this week to get a clearer picture on how the American economic recovery is unfolding.

The central bank is fully expected to keep its key rate down at a record low of 0.25 per cent.

Certainly, there was nothing in last Friday's U.S. non-farm payrolls report to suggest that the American economy is ready for higher rates.

"On the fiscal stimulus side, it doesn't seem like (the U.S.) Congress has any appetite to pony up to another trillion dollars worth of fiscal stimulus, so the question is, will we get it from the Fed?" said Paul Taylor, chief investment officer BMO Harris Private Banking.

"The market will be listening for the tone of (Fed chairman Ben Bernanke's) comments to see whether in fact there is the possibility that he would consider more steps to stimulate the economy if we get some further weak economic data."

The other major piece of economic data will be U.S. retail sales at the end of the week.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

DOLLAR	Natural gas	OIL	TSX
-1.08¢	-13.1¢	-$1.31 US	+25.2
US 96.29¢	$4.467	US $80.70	11,799.97

Saudi Arabia cracks down on BlackBerry

Regulator says operators have until end of today to test system that would give state access to some data

Saudi Arabia's telecom regulator is giving mobile operators more time to finalize a deal to allow BlackBerry messaging to continue, staving off a ban of the service in the Arab world's largest economy.

Officials have told The Associated Press that the Canadian maker of BlackBerry, Research in Motion Ltd., has reached a preliminary agreement with Saudi regulators that would allow the government some access to users' data, and that authorities were examining how such a system might be implemented.

They say the plan involves placing a BlackBerry server inside the kingdom, which already has strong controls on the Internet to block offensive and political content and maintains strict controls on freedom of expression.

Authorities say they are concerned about security, though critics contend that Saudi Arabia and some other countries mulling tougher BlackBerry rules are also motivated by a desire to monitor users' speech and political activity.

THE ASSOCIATED PRESS

RAJANISH KAKADE/THE ASSOCIATED PRESS

▶ Indian officials are in talks with RIM over how information is managed on the devices as they fear more wireless-phone directed attacks such as the one on Mumbai that left 166 dead.

Domestic servers

- A deal that allows Saudi officials to access user data in the conservative Islamic country could set a new precedent for interaction between technology companies and governments.
- A number of countries say they see BlackBerry devices as a security threat because encrypted information sent on them is difficult, if not impossible to monitor when it doesn't pass through domestic servers.
- The UAE has said it plans to block BlackBerry email, web browsing and messaging services starting in October. India, Indonesia and Lebanon have also raised concerns about the devices.
- Bahrain has no plans on banning the BlackBerry.

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[redacted] head at key juncture

CEO resigns after sexual harassment settlement ◗ HP leaderless

Ousted Hewlett-Packard Co. CEO Mark Hurd has settled allegations of sexual harassment made against him by a female contract worker, according to a person with personal knowledge of the case.

The accusations set off a chain of events that led to the discovery of allegedly falsified expense reports about Hurd's meetings with the woman and led to Hurd's stunning resignation this week from the world's largest technology company.

The person familiar with the case said under anonymity that Hurd agreed to pay the woman. The deal was reached a day prior to Hurd's resignation.

Under Hurd, HP saw a stunning turnaround, spending over $20 billion on acquisitions to transform itself from a computer and printer maker to a well-rounded seller of hardware and lucrative business services. HP's market value nearly doubled during his five years.

The company is suddenly leaderless as it stands at a turning point to integrate some of those acquisitions, the most recent of which was the purchase of smartphone maker Palm Inc. for $1.4 billion in June.

Hurd was forced to resign Friday after HP's board of directors said Hurd falsified expenses to hide dinners with a woman who was paid up to $5,000 per event to greet and introduce execs.

THE ASSOCIATED PRESS

DANNY JOHNSTON/THE ASSOCIATED PRESS

▶ HP CEO Mark Hurd.

Industry. Ford

▶ After a five-year wage freeze, Ford Motor Co. chairman Bill Ford Jr. will be paid $4 million in salary and $11 to $12 million in stock options.

STEVE RUARK/THE ASSOCIATED PRESS

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A BED BUG'S WORST FRIEND

Urban Compass

CAROLYN MORRIS

"Kody, come. Seek!" Michael Goldman, a thin, gregarious man with tanned skin and short brown hair, snaps his fingers.

The German shepherd-collie mix stands up slowly, with a regal air. He walks with his nose held high, past the upholstered chair and along the leather couch in Goldman's living room. Then he stops and sits.

"Photo op! Show me, with your paw!" Kody obliges and paws at the cushion covering a vial of live bed bugs.

Bugs are Goldman's business. In fact, they're more than business — they're his life. A certified entomologist, he's been chasing bugs for the last 30 years. The aquarium sitting on a table in his living room houses not fish, but termites. (Kody knows their smell too.) And small vials of bed bugs are scattered throughout the Thornhill home he shares with his wife, his two university-aged kids and three dogs.

In 2005, Goldman had Kody trained to sniff out bed bugs for his company, Purity Pest Control. Kody was the first dog in Toronto, and quite possibly the world, to learn. Goldman has since taught two more dogs, and his canine crew inspects hospitals, apartments and houses across the city.

"In 2005, Goldman had Kody trained to sniff out bed bugs for his company ... Kody was the first dog in Toronto, and quite possibly the world, to learn."

As news of Toronto's bed-bug epidemic spreads, Goldman gets more false alarms. When he started, he would confirm bed bugs on 90 per cent of visits. That's down to 20 per cent. Some clients keep evidence of the critters in Kleenex or pill bottles. "I look, and I'm like, 'that's lint, that's lint, that's… I haven't a clue what that is, but I know what it's not.'"

Goldman leans forward on his chair, he presses a vial onto the inside of his right forearm, which is splayed across his leg. It looks like he's getting his fix, but in fact, he's giving one. He's letting the bed bugs feed on him through the mesh lid — keeping them alive for the dogs to practice.

"They're said to not be a health hazard." But he thinks that's just for lack of proof. "So look at the idiot now, who's feeding bed bugs," he says, "I don't even know where they've been!"

Despite his job, or rather because of it, Goldman is actually terrified of bed bugs. When he and his wife travel, they inspect the hotel mattress and box spring. If they can separate the headboard from the bed, they will.

"In the middle of the night, I feel something crawling on me, and it's just my wife's hair!" It happens a lot, he says. "That's the nature of the business."

Cartoon

MICHAEL DE ADDER

Space station in tough spot

Worth mentioning

Long spacewalk

NASA VIA GETTY IMAGES

A pair of space station astronauts had to hammer loose a stuck connector during an urgent spacewalk to restore a crucial cooling system Saturday, then an ammonia leak erupted and hampered the entire repair effort.

Despite making one of the longest spacewalks ever, Douglas Wheelock and Tracy Caldwell Dyson had to give up trying to remove a broken ammonia pump and retreat inside.

Disappointed managers said two more spacewalks now will be needed to replace the pump and get the space station's cooling system operating normally again. The original plan called for two spacewalks.

Another spacewalk won't be attempted until Wednesday at the earliest. Engineers huddled following Saturday's eight-hour, three-minute effort — the sixth longest spacewalk — to consider their options.

"We will get through this problem," said program manager Mike Suffredini. "The challenge is to get through this ... before the next problem hits the other cooling system."

The pump failure knocked out half of the space station's cooling system last weekend, leaving the orbiting lab with only one good cooling loop. Another breakdown could leave the station in a precarious situation.

THE ASSOCIATED PRESS

Does Eminem's Love the Way You Lie endorse domestic violence?

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at Java Jive

JORDANA DIVON/FOR METRO TORONTO

Call it the Cheers of Church Street — a place where owners Eugene Johnson and Roland Drake really do know your name. And your dog's name. And how you take your freshly brewed coffee. (Milk and two sugars, right?)

Java Jive is the kind of neighbourhood joint that has survived the attack of the monster coffee franchise because it provides much more than an assembly line cuppa joe: It's an actual community. Daily specials include Eugene's famous homemade chili, and just try to get a table when he rolls out the barbecue. While you're chowing down, check out the array of local artists' paintings on display.

JORDANA DIVON

▶ In Scott Pilgrim Vs. The World, Michael Cera must defeat his girlfriend's seven evil exes. The film opens across Canada on Friday.

Cera picks a fight

Elaborate training helped actor prepare for fight sequences in Scott Pilgrim Vs. The World Comic book adaptation actually set in Toronto

PHIL BROWN
SCENE@METRONEWS.CA

Through his breakout roles in Arrested Development and Superbad, Michael Cera practically turned adolescent awkwardness into an art form. Now 22, the young Brampton, Ont., native is moving onto playing characters who are awkward arrested adolescents.

Not exactly a huge jump, but a jump nonetheless. His latest movie is Scott Pilgrim Vs. The World, a wonderfully bizarre comic book adaptation about a struggling 20-something who must defeat his girlfriend's seven evil exes through a series of elaborate fight sequences. At the very least, it's not something you've seen before. "I can't think of any other movie with this kind of tone," Cera told Metro. "There's a voice to the movie that's all it's own and I think that's really important in comedy"

"Toronto definitely is a huge character in the movie and it's such a stand out in that way because I can't think of any other movies that really glorify the city." MICHAEL CERA

The film presented Cera with a new challenge. Though the actor had cut his teeth on dialogue-driven comedies, playing Scott Pilgrim required him to wield a sword and dabble in kung fu.

"The fight training was very extensive and I had to try so hard just to throw a punch at first," laughed Cera. "It went on five days a week for like eight weeks and was basically like learning dance numbers. It was all beats and timing."

All of that training clearly paid off because audiences will get to see the typically subdued Cera pull off some impressive fight sequences, from punching his way through a pack of skateboarders to battling Jason Schwartzman with a flaming sword. "They were all fun challenges to tackle and so diverse," recalled the actor.

While the film offered new challenges for Cera, it also featured one comforting familiarity. Like many Hollywood productions it was shot in Toronto, but in a rare instance the movie was actually set in the city.

"It doesn't remind me of anything. I'm not like, 'Oh, that was like that other Toronto movie.' This is really it's own thing," said Cera.

Evil Exes

Guide To Scott Pilgrim's Battles With The Seven Evil Exes

- **1)** The Ex: Matthew Patel (Satya Bhabha) The Fight: Bit of Bollywood turned to 11.
- **2)** The Ex: Lucas Lee (Chris Evans) The Fight: Kung fu meets skateboards.
- **3)** The Ex: Todd Ingram (Brandon Routh) The Fight: "An epic bass battle with a vegan," Entertainment Weekly says.
- **4)** The Ex: Roxy Richter (Mae Whitman) The Fight: Scott faces off as a puppet.
- **5/6)** The Ex: The Katayanagi Twins (Keita Saitou and Shota Saito) The Fight: Monsters, dragons in a musical mix.
- **7)** The Ex: Gideon Gordon Graves (Jason Schwartzman) The Fight: "A sword fight that turns the movie into an 8-bit swashbuckler," Entertainment Weekly says.

2 scene

News in brief

Steve Buscemi says it's only in his "wildest" dreams that he saw himself as a leading man. But that's just what the respected character actor is in the new HBO series Boardwalk Empire.

THE ASSOCIATED PRESS

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'I can't sing along to that,' fan says

▶ Eminem

Allison Churchill, an Eminem fan in Palm Coast, Fla., says she has friends who never really hear the lyrics to songs they like — "they just like a good beat." She herself listened a number of times to Love the Way You Lie before she realized what it was saying.

"I thought, 'I can't sing along to THAT,'" says Churchill, 31.

But she thinks the song could have a positive impact, "if it can hit a nerve with a teenager and prompt them to go talk to someone about it." Because, she says, "The more we talk about a subject, the easier it is to fix."

There are others who object to the lyrics. At one pint, Eminem sings: "But your temper's just as bad as mine is. You're the same as me." And the video shows the actors hitting each other.

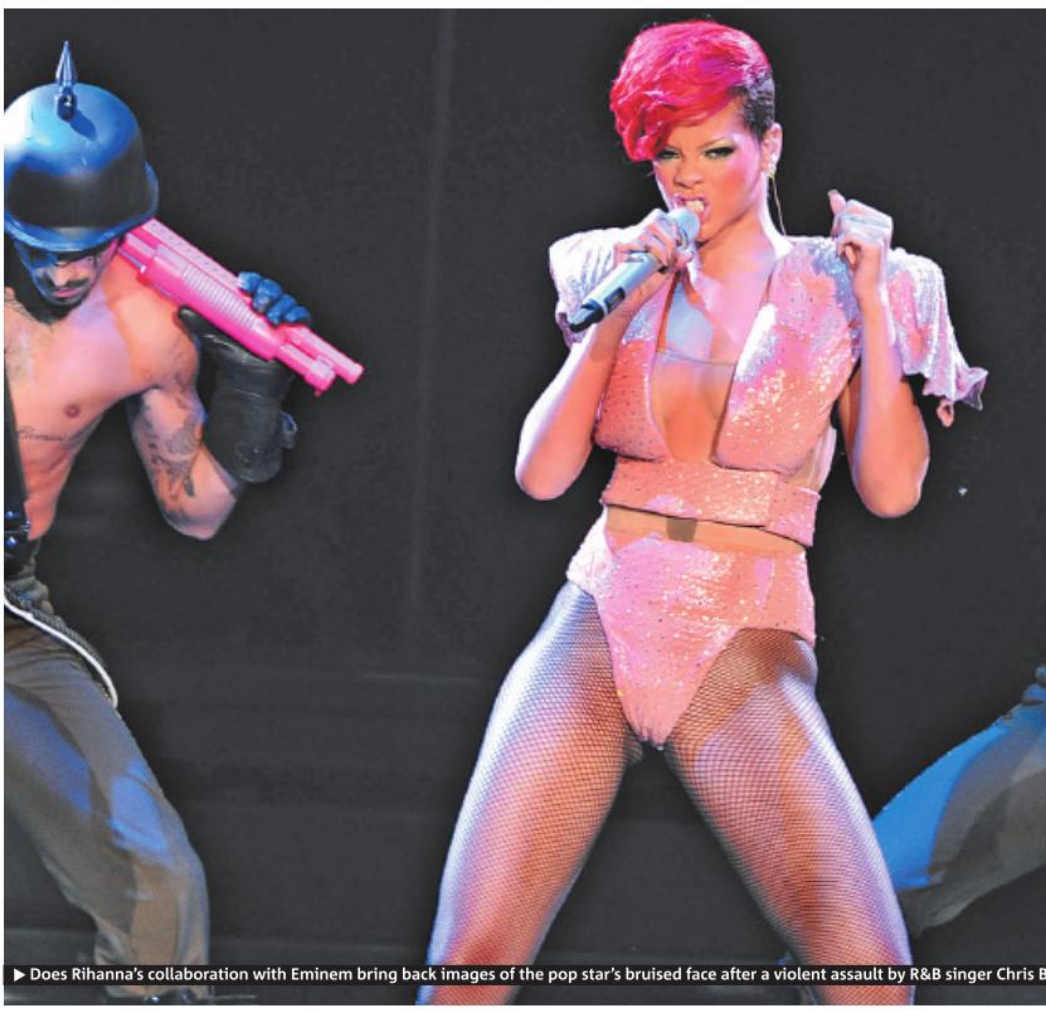
"That's a classic line of an abusive man," says Terry O'Neill, president of the National Organization for Women. "You're as bad as me, so it's OK. The fact is, it's only two-year-olds and violent men who use violence to get what they want."

O'Neill thinks Rihanna really is trying to make a contribution to fighting domestic violence — it's just that in this song, she's unwittingly glorifying it.

Diane Maxwell, though, has a different view. The Florida mother sees the song as empowering women who've experienced domestic abuse.

"I like the lyrics because they ring true," says Maxwell, 35. "I've heard things like that in my life. This gives people a voice, and tells them, 'You're not the only one out there.'"

THE ASSOCIATED PRESS


▶ Does Rihanna's collaboration with Eminem bring back images of the pop star's bruised face after a violent assault by R&B singer Chris B

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VINCE TALOTTA/TORSTAR NEWS SERVICE

Rihanna-Eminem video fuels violence debate

Does the Megan Fox-starring clip glorify domestic abuse or make a statement against it? 'Something needed to be done,' Rihanna says

It's hard to forget the haunting photo that leaked out early last year: Pop star Rihanna, her elegant face bruised and battered after a violent assault by her then-boyfriend, R&B singer Chris Brown.

Now, she's appearing in something else shocking, though thankfully fictional: Rapper Eminem's chart-topping Love the Way You Lie, a song (and now video) that graphically depicts a physically abusive relationship.

And the debate has begun: Is the song a treatise against (or apology for) domestic violence, or an irresponsible glorification of it? Or, is it something uncomfortable in between? And how exactly to explain the role of Rihanna, who has said she aims to help young people learn the lessons of her ordeal?

One thing is not in question: The song is a hit, sitting atop the Billboard Hot 100 chart. And well before the edgy video debuted Thursday evening, the lyrics were enough to get plenty of attention.

"Just gonna stand there and watch me burn," Rihanna sings repeatedly, to an undeniably catchy tune. "But that's all right because I like the way it hurts."

The girl, acted in the video by actress Megan Fox, tries to leave. The guy, played by Dominic Monaghan, promises it won't happen again. But then he admits he's lying: "I apologize even though I know it's lies."

Rihanna wasn't available for comment on the song, her publicist said in an email message. But the 22-year-old singer, who last year won a Glamour Woman of the Year award, partly for her stand on domestic violence, has been quoted as saying the song "was something that needed to be done and the way he (Eminem) did it was so clever. He pretty much just broke down the cycle of domestic violence."

Marjorie Gilberg — executive director of Break the Cycle, a group that fights violence among teens — has a different take.

"The danger is that pop culture defines our social norms," says Gilberg. "We don't want the message of this song to be that this kind of relationship is acceptable. So this song has to be viewed in the context of real information from adults, like parents and teachers."

THE ASSOCIATED PRESS

Eminem's past

Eminem — known for his turbulent relationship with ex-wife Kim Mathers — graphically fantasized about murdering her in the song Kim, off his 2000 album The Marshall Mathers LP.

Guys beats Inception

The Other Guys are the main guys at the box office, knocking off Inception to take the No. 1 spot.

The buddy-cop parody starring Will Ferrell and Mark Wahlberg made $35.6 million in its opening weekend, according to Sunday estimates from Sony Pictures.

Inception, which had been the top film in the country the past three weeks, fell to No. 2 with $18.6 million.

Christopher Nolan's mind-bending dream picture from Warner Bros. has now made $227.7 million since its debut July 16.

Here are the estimated ticket sales at the North American box office for the weekend beginning Aug 6:

1. The Other Guys $ 35.6 million
2. Inception $18.6 million
3. Step Up 3D $ 15.5 million
4. Salt $ 11.1 million
5. Dinner For Schmucks $ 10.5 million
6. Despicable Me $ 9.4 million
7. Cats & Dogs $ 6.9 million
8. Charlie St. Cloud $ 4.7 million
9. Toy Story 3 $ 3.0 million
10. The Kids Are All Right $ 2.6 million

THE ASSOCIATED PRESS

TV watch list

Mad Men in Acapulco

DRAPER DRAMA. Mad Men enigma Don Draper takes a business trip again, this time to Acapulco. Joan, meanwhile, deals with scheduling issues. (AMC)
THE CANADIAN PRESS

Warming up for dance floor

GET IN THE GROOVE. Come Dancing with Leah Miller builds momentum for next week's season 3 premiere of So You Think You Can Dance Canada. (Bravo)
THE CANADIAN PRESS

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Imodium

'All comedians have insecurities'

Metro catches Joan Rivers at her candid best Comedy icon holds back little about fellow celebs like Brangelina and Mel Gibson

ANNE BRODIE
SCENE@METRONEWS.CA

▶ The documentary Joan Rivers: A Piece of Work opens this Friday.

Joan Rivers jumped right in when she was asked to be the subject of a documentary.

The 75-year-old comedy icon didn't think twice about compromising her privacy or watching her vulnerabilities paraded on-screen for our entertainment.

Indeed, Rivers lays herself bare in Ricki Stern and Anne Sundberg's film Joan Rivers: A Piece of Work, which was shot over 14 rollercoaster months in Rivers' life.

At a time when subjects like Anna Wintour and Valentino insist on managing their documentary images, Rivers gave the filmmakers total access.

Right from the opening tight close-ups, Rivers shares the anger, frustration, and tears that come with being an ageing comedienne who imagines she is no longer wanted.

"Tell the truth or don't do it. So much in the public eye is such nonsense and puff. Angeline Jolie and Brad Pitt are such wonderful people and Jennifer Aniston is a wonderful person. And Mel Gibson is such a good father. So much of it is nonsense. It is nonsense; a real documentarian finds the truth. It's not public relations."

The truth is that Rivers is on constant high alert, watching the younger comediennes come up while trying to fill her date book. Rivers says it's that kind of anxiety that makes her funny.

"All comedians have tremendous insecurities and think that the glass is half empty. They're always worried it's going to all go away."

Like many driven and successful artists, one thing makes Rivers completely happy. "Happiness is busy to me. I'm doing a new reality show with my daughter Melissa, like everybody else! It comes in January. ... Total happiness is being creative. I paint a little but I'm not going to spend my life doing it!"

Another thing that apparently makes Rivers happy is being in Canada. "Are you kidding? I love it up there. Canadians are amazing. I want to die in Emerald Lake just above Banff. It's as good a place as any to go. The Canadian Rockies are amazing, so beautiful. I spit on the American Rockies!"

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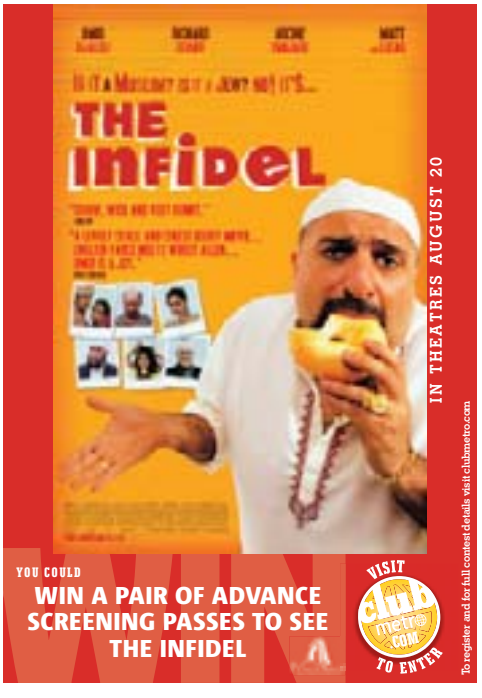
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- ✓ Stretch & relieve tight lower back muscles
- ✓ Relieve lower back pain & stiffness

Dr. Michael Ho is a doctor with over 20 years of clinical experience specializing in treating chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. Having studied and worked in countries including Canada, United States, Sri Lanka and China, Dr. Ho has devoted his life to Health and Wellness.

Dr. Ho has been recognized for his ability to identify and correct the cause of the pain providing longterm relief for his patients.

How DR-HO'S Belt works:

1. Wrap DR-HO'S Decompression belt firmly around your waist.
2. Clip air pump nozzle onto the belt.
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4. Remove the air pump nozzle from the belt and enjoy. Feel the relief in as little as 20 minutes!

Belt inflates with air, expands vertically, gently stretching and tractioning lower back

Dr. Michel Rice

"Every patient with back pain should be wearing this belt because it gives you core strength and support in your spine, and a traction effect for great pain relief. The great thing is that patients with chronic back pain can wear this belt and get their life back. They can feel more confident, be more active, and do things that they love doing."

Alice Love

"This belt is out of this world! Feels like all the weight is taken off of you and you just feel light. Pain pills only mask the pain. Now that we have the belt I can be pain free. I have a grandson, who loves to be picked up. But you don't realize how much pressure that puts on your back. With my belt, I don't have to worry about picking him up! "

P.J. Lemieux

The belt is very comfortable and it helps to take the stress off my lower back. I feel that I now have better posture and I see how that is very beneficial. I can see this being used by people with chronic back pain and its pharmaceutical free and so easy to do. You just strap on the belt, inflate and you can feel it work right away because it takes the stress off the lower back. You've got nothing to lose if you suffer from back pain. Definitely this is worth trying!

Sports Specialist Dr. Carson

"This device helps with the lower back, I understand it, I enjoyed it and I endorse it. This belt I think is quite an advantage to other lumbar belts. I see this as a device that will assist in reducing the muscle spasm, as one of the many things that we can do to help our back pain patients. I certainly look forward to prescribing this belt because I realized the benefits myself."

Simpson says: Consult a friend

GETTY IMAGES

▶ Jessica Simpson

Despite all the negative things people have said about her, Jessica Simpson is doing great, she insists.

"I'm very happy. Right now in my life, I'm the most confident I've ever been. I can make that statement," she tells People magazine. "At this point, nothing else can be said about me that could be worse than I have already read."

She also thinks that everyone should try and work through their problems — just not necessarily with a paid professional: "I really believe that somebody should just sit in front of their best friend in the world and have their friend ask any and every question — offensive or not. And whatever it is, answer it," Simpson advises. "That's your therapy. Really tackling those issues inside and out." METRO WORLD NEWS

Momsen goes off on Catholic church

Taylor Momsen is working overtime in her bid to be the most provocative teen star. The 17-year-old Gossip Girl actress and singer wrote her band's song Going Down as a response to the Catholic church abuse scandal.

"It seemed like a very fitting song to write at the time," Momsen explained during an expletive-laden interview with a New Zealand radio station. "It was kind of a f—k you to all the molestation going on. It was just insane."

Momsen also railed back at criticisms of an earlier interview in which she joked about using a vibrator.

METRO WORLD NEWS

GETTY IMAGES

▶ Sean Penn said that the $400,000 that was allegedly misdirected from Wyclef Jean's charity could have done a lot of good for the people in Haiti.

Penn questions Jean's bid to be Haiti president

Wyclef Jean's fledgling bid for the Haitian presidency has met with its first critic. Sean Penn isn't planning on attending any fundraisers for the singer anytime soon.

"He has been virtually silent for those of us in Haiti, he has been a non-presence," Penn says, according to Hollyscoop.

"I want to see someone who is really, really willing to sacrifice for their country and not just someone who I personally saw with a vulgar entourage of vehicles that demonstrated a wealth in Haiti that in context, I felt (was) a very obscene demonstration."

Penn also insists charges that Jean misdirected $400,000 in funds from his charity raise concern.

"That has to be looked into," Penn says. "I've been there. I know what $400,000 could do for these people's lives."

METRO WORLD NEWS

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Celebrity tweets

John Mayer [@johncmayer] I have found the key to a happy life is to surround myself with like-minded people who agree with me constantly.

Kristen Bell [@IMKristenBell] Why is it that I'm pretty sure fish don't have blood?

John Cusack [@johncusack] i noticed that really rich people have romantic longings for "a normal" life--as soon as they lose there money - want to be special quick

METRO WORLD NEWS

Lohan has lonely rehab

Lindsay Lohan's stay in rehab will be a lonely one for the first month, according to TMZ. Sources say the actress has been put on a program that restricts visitors to blood relatives during the first 30 days of her 90-day treatment

METRO WORLD NEWS

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THE ASSOCIATED PRESS

▶ Self-professed trigger-happy parent Amy Beth Bennett, right, and her daughter, Sophia Cavaretta, 2, look at some of the books Bennett has made with photos of her daughter.

Proud parents ponder what to do with the countless baby photos they amass over the years
BabyCenter.com editor-in-chief offers organizing and storage ideas that are easy to use and take advantage of in the digital age

Trigger-happy

I am the stereotypical trigger-happy first-time parent. I've taken more than 10,000 pictures of my son — and he's barely a year old.

While I love the fact that I've been able to capture so many precious moments, there can be too much of a good thing. Currently these photos are plopped in a giant folder on my computer. I don't envision him browsing through these thousands and thousands of digital shots the way I flip through my baby albums stuffed with printed photographs. And that's a shame.

Linda Murray, editor-in-chief of BabyCenter.com, assures me I'm not alone in this dilemma. Many moms on popular website say they have completely replaced the traditional photo album — and presumably more than a few of them are fellow shutterbugs.

"We keep going and going and going because there's no expense to it ... We're all out there taking all these photos ... so now we have the back-end problem."
LINDA MURRAY, EDITOR-IN-CHIEF OF BABYCENTER.COM

"We keep going and going because there's no expense to it," says Murray, describing the mixed blessing of preserving memories in the digital age. "We're all out there taking all these photos ... so now we have the back-end problem."

Turns out, there are countless options for storing and sharing digital photos. You can upload them onto web-based albums on specialized sites like Shutterfly, or social networking sites like Facebook and BabyCenter Community. You can download software like Picasa that will organize photos on your desktop, or use a program like iPhoto on Macs. You can make an online scrapbook of sorts by keeping a photo blog — mostly pictures, some captions and occasional anecdotes.

(It's wise to make backups of your photos on an external hard drive or CDs in case — shudder at the thought — something happens to your computer or a host website.)

For a purely digital experience in displaying the images, you can get an electronic frame that rotates through all the photos on a memory card. For a foot in both worlds, you can use one of the photo websites or software to place an order for a printed album.

Whatever you do with the photos, Murray says, the key lies in winnowing them down to a manageable handful of favourites — professionals call these "hero shots" — and using a labelling system that's easy to remember.

THE ASSOCIATED PRESS

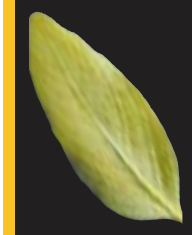
▶ Two-year-old Sophia Cavaretta is captured in a picturesque moment in her parents' garden.

Sure enough, photographer-mom Amy Beth Bennett of Oakland Park, Fla., approaches her two-year-old daughter's photo blog the way she does an assignment. Out of a couple of hundred photographs, she'll pick only a few to post for family and friends — ones that have the most telling moments. No one wants to slog through the equivalent of a vacation slide show, Bennett says. "You just want them to see how your girl's doing."

Then, like she does at the office, Bennett gives each of those photos a filename consisting of the date and event (sandbox, train ride, etc.) so she can search for and find them easily. After that, they go into a folder named after the year.

THE ASSOCIATED PRESS

3 life



Herb lovers beware

The first sign is when the fragrant green leaves of your basil plant turn yellow on top. But the telltale proof is underneath, where spores appear as a mass of purplish grey dots. It's called downy mildew, an aggressive new disease that has wiped out basil crops in parts of the U.S. and was recently spotted in Ontario.

THE ASSOCIATED PRESS

SCAN FOR MORE SCENE

Liven up your fruit salad

A jazzed up, savoury take on one of summer's favourite staples ◗ Watermelon Salad With Basil and Bacon stays true to the universal adage that bacon improves everything ◗ Substitute Parmesan for a meat-free version

Following the axiom that bacon makes everything better, it's about time to jazz up that staple of summer celebrations — fruit salad.

It starts with a basic fruit salad of watermelon, strawberries and diced apples. Then dress that with a simple vinaigrette of olive oil and lemon juice spiked with salt and pepper. You could stop right there because a splash of acid (the vinaigrette) does wonders to bring out the sweetness of fruit.

Crumbled bacon and slivered fresh basil are used to top the salad, offering a savoury, salty and (in the case of the basil) peppery contrast to the fruit. The bacon also adds a pleasant crunch. The salad also can be prepped in advance; just leave out the basil and bacon, adding just before serving.

Finally, if you simply can't accept bacon in a fruit salad (and refuse to accept the universal truth of bacon's ability to improve all things), substitute crumbled Parmesan (which is governed by a similar natural law) or feta cheese, which will add a similar salty, savoury flavour.

Makes 6 Servings
Start to finish: 15 min.

Ingredients :

- 1.5 l (6 cups) cut watermelon
- 500 ml (2 cups) quartered fresh strawberries
- 2 green apples, cored and diced
- 15 ml (1 tbsp) extra-virgin olive oil
- 15 ml (1 tbsp) lemon juice
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 6 slices cooked and cooled bacon, crumbled
- 50 ml (1/4 cup) thinly sliced fresh basil

Preparation:

1. In a large bowl, combine watermelon, strawberries and apples.
2. In a small bowl, whisk together olive oil, lemon juice, salt and pepper. Drizzle mixture over fruit, then gently toss to combine. Scatter bacon and basil over salad. Serve immediately at room temperature.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Watermelon Salad With Basil and Bacon.

Red velvet makes a comeback ... in cupcakes

Katie Holmes' cravings were so bad she had the petit dessert flown in from New York to Toronto while filming here ◗ But our city has its fair share of red velvet wonders too!

Red velvet cake, which had a cult following at Eaton's department store restaurants in the 1950s and 1960s, is making a comeback in the form of cupcakes.

Katie Holmes recently had red velvet cupcakes with cream cheese frosting delivered from New York to the Toronto set of her History Channel miniseries The Kennedys.

The story made People.com complete with the recipe from Isabelle's Curly Cakes.

Starbucks, the arbiter of mainstream taste, has been selling a red velvet cupcake (also with cream cheese icing) for two years and says it's a customer favourite.

"It might seem odd, at first, that something you eat would be named after something you wear," says Starbucks.com. "But after you taste this deliciously moist cupcake, we think you'll agree that it's as luxurious as spun silk."

Speaking of moistness, Duncan Hines makes a "moist deluxe" red velvet cake mix. Katie Rousonelos of Madison, Wis., created Red Carpet Glamour cupcakes from the mix and just won a trip to the Emmy Awards in Los Angeles. Her cupcakes will be served at an Aug. 27 reception for the nominees.

In Toronto, you can quell a red velvet cupcake craving at multiple bakeries, including For the Love of Cake in Liberty Village, The Cupcakery on St. Clair Ave. W., and Sweet Tooth on the Danforth.

Still, for every red velvet fan there's someone else who has never heard of the flavour or is baffled by the appeal.

TORSTAR NEWS SERVICE

▶ Actress Katie Holmes and daughter Suri are both fans of deliciously moist red velvet cupcakes.

This is really just a mildly chocolate cupcake with a dramatic red hue and gobs of icing. Cocoa powder and red food colouring (or sometimes beet juice) are key ingredients. Buttermilk and some type of vinegar are usually involved.

Red velvet cake was the Waldorf-Astoria Hotel's signature dessert in New York City in the 1920s. In Canada, Eaton's eventually stopped making it in its Round Room. Some say concerns over eating red food dye contributed to the cake's fall from favour.

"Red velvet is one of those thing that garners so much attention because of the name," laments Torontonian Howard Chang, who blogs about eating and making cupcakes with his girlfriend Sylvia Chan on A Baked Creation.

Chang and Chan's favourite cupcake shop, Life is Sweet in the Beaches, doesn't sell red velvet cupcakes. The couple tasted a good version at SugarTiers in Markham, but haven't tried enough red velvets to say with certainty who makes the best one.

Genevieve Griffin, who co-owns For the Love of Cake in Toronto, finds it "kind of funny" that Holmes turned to New York for something so readily available here.

For the Love of Cake's "four-dimensional" red velvet cupcake is filled with chocolate ganache and topped with cream cheese frosting and silver candy pearls.

TORSTAR NEWS SERVICE

For the Love of...

Custom cupcake shop For The Love of Cake in Liberty Village boasts a decadent red velvet version.

- **A red cupcake** with a hint of cocoa filled with chocolate ganache and topped with cream cheese frosting and silver candy pearls. (Minimum quantity per cupcake flavour is 4 @ $2.50 per cupcake).
- **Other notable flavours:** Maple Bacon, Japanese Ginger and Rocky Road.
- **Contact:** 171 East Liberty St., 416-306-6446.
- **Visit:** fortheloveofcake.ca.

INFORMATION FEATURE

Easy Caffeinated Cocoa Truffles

Not only are these treats easy to make, but they're also made from ethically sourced ingredients!

The sweetness of milk chocolate blends with the bitterness of unsweetened cocoa and strong coffee beautifully.

Cocoa Truffles
Preparation:

1. Break the chocolate into small pieces and whisk gently with coffee in a double boiler (or bowl placed in hot water) until smooth and melted.
2. Cover mixture and refrigerate for a few hours or overnight (until firm).
3. Scoop small teaspoonfuls of coffee/chocolate mixture and roll into 1-inch "truffle" balls with your hands (or leave them as rough chunks).
4. Toss truffles in cocoa powder until lightly dusted.
5. Store refrigerated truffles in an airtight container and enjoy!

PHOTO: WIEN/FLICKR

▶ Cocoa Truffles

What is fair trade?

TRADE We've heard the term "fair trade" come up in recent years in reference to the food we eat, but what does it mean?

According to TransFair Canada, the "Fair Trade" movement started around the 1950s as a partnership between importers and producers to find ways in which poverty can be alleviated in poorer countries.

Since then, more organizations and corporations have joined the movement to ensure fair prices, social and economic premiums, fair and safe labour, environmental sustainability, access to credit, and long-term contracts for producers of some of our main staples—such as coffee, chocolate and sugar—among others.

For more information on Fair Trade practices and where to purchase products that have been Fair Trade-certified, visit www.TransFair.ca.

LORI DANCE

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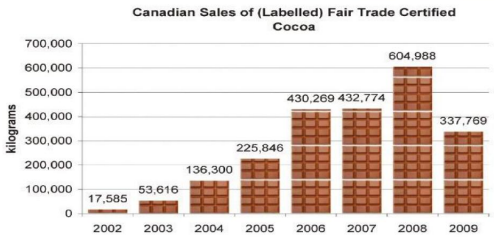

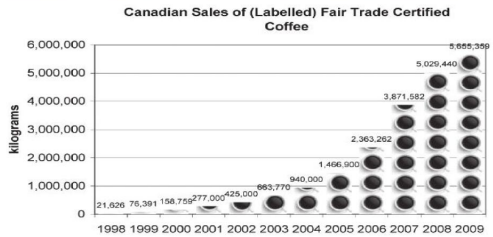

How to green your grill

Is there such a thing as eco-friendly barbecuing? The answer is yes

BEN KNIGHT
GREEN@METRONEWS.CA

There are plenty of ways to keep your grilling green.

"Everybody traces back to barbecue," says champion competitive grill master Danielle Dimovski. "It was the first way to cook food."

Sweet, sizzling, delicious grilled meat is a wonderful treat for barbecue fans everywhere. But it doesn't seem like a particularly green or eco-friendly activity.

So Metro asked Dimovski, head of the top-ranked Diva Q grill team from Barrie, Ont., if there's any good, green news at the grill.

Is there such a thing as eco-friendly barbecue?

"Traeger Grills has a system where they use compressed wood pellets," Dimovski explains.

"The hardwood sawdust that they're using is recycled, and would otherwise have just gone for waste."

Also, they have a burn system that has an efficiency rate of 98.8 per cent. That fuel-to-air ratio basically provides you with much lower emissions and a reduced carbon footprint."

Can I make my current barbecue grill cleaner?

"Number one: You have to keep your grill very, very clean," she says.

"All the extra build-up of food? That actually burned. And that's not good for anybody. You need to burn cleanly, using a charcoal that has no additives or fillers."

And don't just turn on your grill and do one hot dog. If you're going to grill, use it to the max. If you're going to do a pork shoulder and it's going to take eight hours, make sure your entire grill is full."

Are there greener and cleaner grilled foods?

"Yeah," she says. "They're probably vegetables. We'll typically let meats sizzle on the grill, and that's not really the best thing environmentally. I'm going to guess that vegetables would grill more cleanly," she said.

But she's openly and admittedly not thrilled with the idea.

"They're really not my thing," Dimovski concedes, going BBQ old-school.

"Not ever, on this planet, will I ever be doing that."

On the grill

The barbecues will be blazing at Canada's Largest Ribfest, being held in Burlington on Labour Day weekend, September 3 to 6. That's four full days of sizzling, grilled deliciousness — right on the water with a sweeping, panoramic view of Burlington Bay. It's a perfect chance to see if greener grills stand up to the old-school ones in the all-important flavour department.

7 eco-friendly ways to beat the heat

The second heat wave of 2010 has hit. As the temperature soars into the high 30's, so does the temptation to crank that air conditioning.

Unfortunately, air conditioners use a lot of energy, which is hard on the environment and your wallet. Here are cost-effective alternatives:

1. Use ceiling or portable fans to encourage air flow. Even mild air movement can feel three or four degrees cooler.

2. Use smaller appliances for cooking that don't generate much heat.

3. Keep windows and curtains closed during the day, and open them at night. This will allow cool evening air into your home that won't escape in the day time.

4. Make sure your fireplace damper is closed so cool air doesn't escape through the chimney.

5. Shade south-facing windows with a tree or an awning. Blocking out direct sunlight keeps your house cooler.

6. Make sure your home is properly insulated to prevent cool air from escaping. Use blower-door guided weather-stripping or caulking.

7. Use energy-efficient LED lights. They'll save you money and produce less heat than incandescent bulbs.

METRO NEWS SERVICES

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

GREENER CLEANERS AND DISINFECTANTS

QUESTION:
I work with children and we're trying to green our workplace. We use a disinfectant to clean our toys and play areas, but it's terribly toxic. It is our policy to use this disinfectant. What should I look for in a non-toxic alternative?
Lori, Vancouver, B.C.

There are safer and equally effective alternatives to conventional disinfectants and anti-bacterial products. In fact, our recent obsession with germs has the Canadian Medical Association calling on the federal government to ban all anti-bacterial household products because of fears they cause bacterial resistance. And you're right to be concerned about your clients, the kids — not to mention the staff who have to apply the toxic chemicals.

Kids are not miniature adults. Kilogram for kilogram they absorb more chemicals than adults. To start, children are closer to the ground. They also have what some experts call an "exploratory nature" which means they put everything in their mouths!

Find a safer disinfectant (and any household cleaning product) by choosing those with ingredients listed, plant-based ingredients, and the Green Seal or Ecologo-certified label.

The Green Seal standard, for example, certifies thousands of products and services that meet science-based environmental standards from all-purpose cleaners to paints.

Certification guarantees that products perform as well as or better than conventional products. And that's not all, ingredients are biodegradable and do not contain phthalates, heavy metals or optical brighteners.

It can be tricky for us consumers because companies that manufacture cleaning products are not required by law to list ingredients.

I suggest leaving those products on the shelf. If you can find an ingredient list, avoid "chlor" compounds, fragrance and triclosan. Triclosan in particular is one of the most common anti-bacterial agents in household cleaners and personal-care products.

It's suspected of interfering with hormone function and contributes to antibiotic-resistant bacteria. Triclosan is also harmful to fish and wildlife.

No matter what field you work in, if you are you interested in greening your workplace, check out davidsuzuki.org.

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Local firm wins big in green race

GreenSaver is an independent not-for-profit organization dedicated to environmental energy efficiency.

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GreenSaver will be presenting a cheque for $66,400 in rebates to Brampton, Ont. -based Vertica Resident Services and GWL Realty Advisors for their efforts in reducing their electricity consumption. The rebate was earned as a result of replacing an old chiller unit and cooling tower with a higher efficiency unit.

This upgrade alone will reduce electricity consumption by 64,000 kWh each year. The company applied to GreenSaver's Multifamily Energy Efficiency rebate initiative (MEER).

METRO NEWS SERVICES

Best job opportunities are often found offline

▶ If you rely solely on online job sites in your career search, you are likely to be disappointed in the outcome.

Craigslist likely not perfect place to find job, counsellors say

DREW HINSHAW
METRO WORLD NEWS

Career counsellors warn that the whole mini-universe of online job boards — Monster, CareerBuilder, HotJobs, etc. — is a great place to mis-invest your time and hope during a difficult job hunt. Employment guidebook author Margaret Riley Dikel calls it a "black hole," and Ford Myers, President of Career Potentials, agrees.

"Very, very few online applications are ever read or responded to," Myers says. "Good jobs don't get posted in the first place."

With unemployment high and the average Joe staring at the horizon for six months before the job boat lands, career counsellors say they're not surprised to see so many people surfing online want ads more than they should.

If you're among those unlucky masses, don't expect fantastic finds: Studies show 10 per cent or less of jobs are filled through online ads.

But if the occasional online ad is one small part of your search strategy, you might as well do it right.

Start by composing a list of companies where you'd aim to work. About.com jobseeker's expert Alison Doyle recommends doing a LinkedIn company search by industry and location.

"Check the company website and see if you can apply directly there," she offers.

"It is absolutely imperative to customize the cover letter," Dikel warns. A little resumé tweaking — like bumping up the most relevant, if not recent job — can make the difference between the yes stack and the no can.

What not to do

No 'Please Find the Attached Resume...'

"You've got 15-20 seconds to catch my attention in an email message," Dikel estimates, which is why you shouldn't burden your emails with a three-ton PDF of your resumé. Instead, just re-format it for email text. "It does not need to be gorgeous," Dikel says. "It needs to be readable."

News in brief

McMaster should market self better: Officials

EDUCATION International relations officials at McMaster University say the institution must reach out aggressively to the world and maintain and enhance its reputation as a leading university. With the competition for international students becoming fierce in Canada and abroad, McMaster cannot afford to just coast on its good reputation, says the university's associate vice-principal responsible for international affairs. "We have to go out and blow our own horn," the official says. The vice-president responsible for research and international affairs says McMaster is marketing itself most aggressively in Europe, Asia, the Middle East, and Latin America. The effort, the VP says, should produce a richer campus, both academically and socially. For now, both officials say the prospect of a foreign McMaster satellite campus remains a possibility, albeit a distant one.

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Do homework in style

Designer tips to create a calm, organized place for school work

Kids may want to do their homework at the kitchen table with a sea of activity surrounding them. Many experts say they shouldn't.

"Build a space dedicated to homework and eliminate distractions," advises Douglas C. Merril, a former Google spokesman and author of the new Getting Organized in the Google Era.

According to Merril, everyone thinks they can multi-task, but our brains just aren't cut out for it.

In her new book, Right-Sizing Your Home, consultant Gale Steves agrees. She writes, "Although kids gravitate to the kitchen or family room — where parents can keep a watchful eye on them — ultimately having a workspace of their own is important."

And Maxwell Gillingham-Ryan, founder of the design blog Apartmenttherapy.com, taught school in New York City before he became an interior designer. Each year he would visit students' homes, and here's what he observed: "Invariably, the children who did best in school came from homes that were calm, well-organized and attractive," he says.

"A child's homework space should be as simple and practical as possible," he believes. "Children need a private, separate environment where they can concentrate and get through their work."

While homework space must be functional and well organized, it also should be somewhere the child wants to spend time.

"Get your child involved in the design," advises Susanna Salk, interior designer and contributor to the Today show. "Have them look at pictures and say what they like."

Consider good adult task lighting, and keep in mind that a nice wooden table can serve as a good desk. Gillingham-Ryan favours desks made from wood.

"Natural materials help a child to feel grounded," he says. He also suggests avoiding fluorescent lighting, selecting instead halogen or incandescent light.

THE CANADIAN PRESS

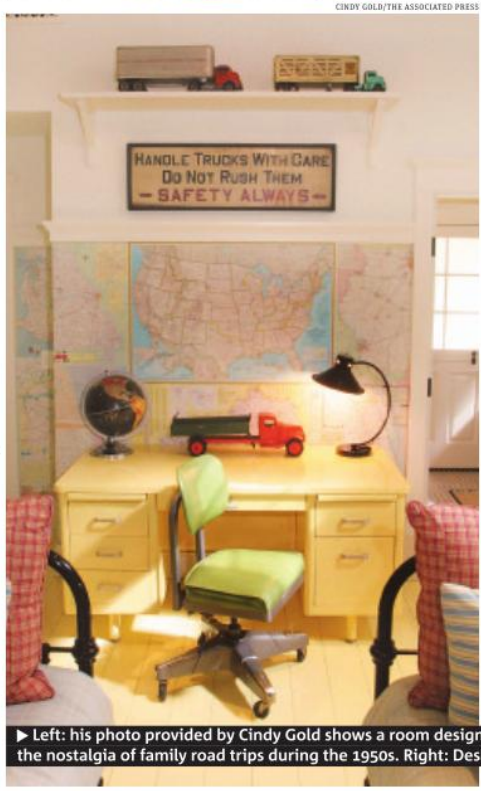
Space

- **You do not need** a large space to create a good homework area. If space is limited, Steves suggests placing a desk under the top bunk instead of another bed, and creating storage with a small file caddy on wheels. She also suggests thinking vertically when space is limited. A hutch or shelves above a desk provide storage as well as space to display children's work.

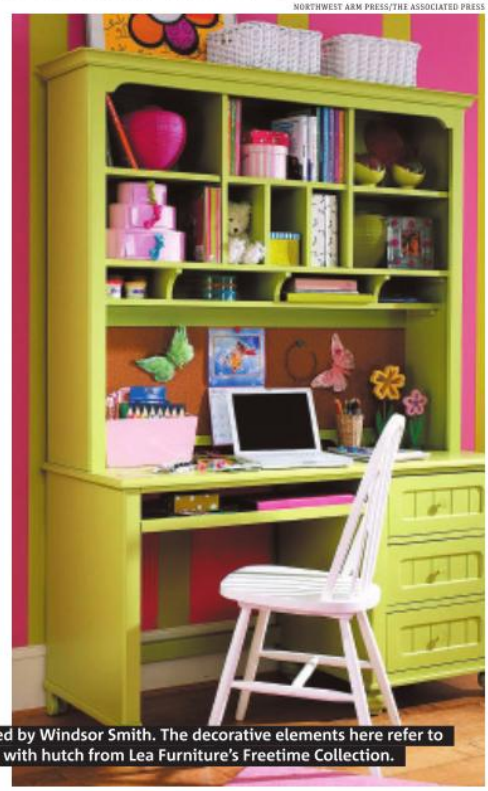
NORTHWEST ARM PRESS/THE ASSOCIATED PRESS

▶This photo provided by Northwest Arm Press shows the Base Camp Loft Bunk Bed with desk in Rustic Cherry from Young America Youth Furniture. This child's room creates a cosy homework space.

CINDY GOLD/THE ASSOCIATED PRESS



NORTHWEST ARM PRESS/THE ASSOCIATED PRESS



▶ Left: his photo provided by Cindy Gold shows a room designed by Windsor Smith. The decorative elements here refer to the nostalgia of family road trips during the 1950s. Right: Desk with hutch from Lea Furniture's Freetime Collection.

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News in brief

UC Berkeley urged to end ties with BP

EDUCATION Activists and professors at the University of California, Berkeley are calling on the institution to end its research partnership with BP. In 2007, the British oil company gave UC Berkeley a $500-million grant to establish the Energy Biosciences Institute, which works to develop new sources of plant-based fuel. The 10-year deal has outraged many students and faculty members who worry BP will exert too much influence over academic research and damage the institution's reputation. Now, as BP's oil spill devastates the Gulf Coast, some say it's time for the partnership to end.

THE ASSOCIATED PRESS

uOttawa publishes open access books

EDUCATION Recently, the University of Ottawa Press (UOP) made 36 of its books available free to the online community, an initiative under the UOP's digital publishing plan. The collection consists of both English- and French-language in-print titles in the arts, humanities, and social sciences.

ACADEMICA.CA

RICK EGLINTON/TORSTAR NEWS SERVICE

‘That close’

Near miss for Morrow

It seems like no-hitters or perfect games are often punctuated by a defensive play that preserves the gem, like the leaping catch against the centre-field wall made by Dewayne Wise behind Mark Buehrle last July.

Brandon Morrow’s moment came in the sixth-inning yesterday, when Vernon Wells chased down Ben Zobrist’s drive to deep centre, leapt to snare the ball and then crashed into the wall, dislocating his right big toe to save his pitcher’s no-hit bid in the process.

Unfortunately for the Toronto Blue Jays right-hander, the magic had run out by the time there were two outs in the ninth, and Evan Longoria poked a grounder toward the hole on the right side of the infield. Second baseman Aaron Hill charged the ball, dove to his left and had it glanced off his glove as the crowd of 22,313 gasped.

RAYS	BLUE JAYS
0	1

“Base hit,” official scorer Dave Perkins bellowed in the press box, without a hint of hesitation.

And just like that, Morrow’s attempt at the second no-hitter in franchise history and sixth in the majors this season vanished the way they all too often do, in jarring, agonizing fashion.

“That close,” lamented manager Cito Gaston afterwards, holding his fingers an inch apart. “That close.”

Still, the ever-stoic Morrow shook off the disappointment as fans loudly applauded him, gathered himself during a meeting on the mound with Gaston, and proceeded to strike out Dan Johnson with his 137th pitch and seal a 1-0 victory against the Tampa Bay Rays.

Losing the no-no stung, but there was plenty of solace to be found in the best start of his young career.

“That was my first complete game, my first shutout; those things combined were more than enough to overcome the feeling of the missed no-hitter,” said Morrow.

THE CANADIAN PRESS

Red-hot rookie

Cito Gaston said he wasn’t tempted to use rookie J.P. Arencibia behind the plate yesterday after his spectacular debut Saturday.

- **DEBUT** The 24-year-old catcher homered on the first pitch he saw in the majors, slamming a James Shields offering over the left-field wall at Rogers Centre against the Tampa Bay Rays on Saturday.
- **BUCK** “If (John) Buck had hit two home runs yesterday, Molina would still be catching,” Gaston said.
- **JUNIOR** Arencibia is the first Blue Jays player to homer in his first at-bat since Junior Felix did it May 4, 1989, against the Angels. Felix also homered on his first pitch.
- **AWAITED** Toronto’s first-round pick in 2007, Arencibia’s one of the team’s top positional prospects and his arrival in the majors has been long anticipated.
- **RETURN** GM Alex Anthopoulos said Buck (right thumb) should be ready as soon as his DL stint is over. “We’re expecting him to be ready before the two weeks are up,” he said.

4 sports

Quoted

“[illegible] are some elite guys that if they’re available, they’re going to be on the team, but it’s all about finding the right mix.”

HEAD COACH DAVE CAMERON, ON PUTTING TOGETHER CANADA’S NEXT WORLD JUNIOR TEAM. THE TEAM’S SUMMER CAMP ENDED YESTERDAY.

SOCCER & RUGBY FANS
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Sid and Roger talk sporting excellence

Normally when Sidney Crosby walks into a room, he's the centre of attention.

He had some company yesterday.

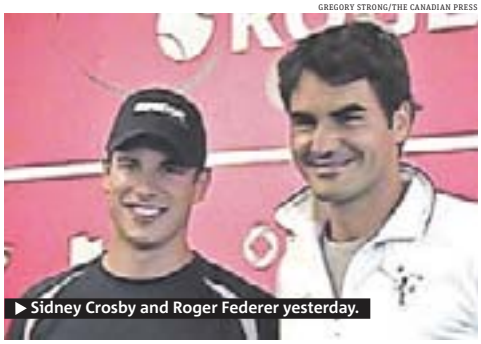
The NHL superstar met tennis ace Roger Federer for the first time at the Rogers Cup. They were going to hit balls together on a practice court but rain scuttled their plans. Instead, the two got a chance to talk before holding a photo opportunity at the Rexall Centre.

The Swiss tennis star strolled into the media interview room with the collar raised on the jacket of his all-white warmup suit. He was followed by a smiling Crosby, who was sporting tennis gear and a baseball hat.

Both athletes celebrated birthdays on the weekend and tournament director Karl Hale brought out a cake for the occasion.

"But I'm older, you can tell, right?" Federer quipped as a swarm of photographers snapped away.

GREGORY STRONG/THE CANADIAN PRESS



▶ Sidney Crosby and Roger Federer yesterday.

Federer, a 16-time Grand Slam champion, turned 29 yesterday while Crosby turned 23 a day earlier.

"He mentioned that he watched the Olympics," Crosby said of their chat. "I mentioned that I'd seen him play at the U.S. Open and things like that ... I think it's pretty neat when you have that opportunity, being athletes and being able to relate to certain things."

THE CANADIAN PRESS

Sticks 'n' rackets

Sidney Crosby said he's a big tennis fan.

- **U.S. Open** "I was actually at the U.S. Open (in 2008) and saw Roger play in the final," Crosby said.
- **Players** Crosby said there are a number of NHL players who enjoy playing tennis in the off-season, but no one is head and shoulders above the rest.

You've never seen Tiger play this poorly as a pro

▶ Woods finishes Bridgestone Invitational 18 over par with 4-day total of 298, highest score ever as a professional ▶ Bogey or worse on 25 of 72 holes

Tiger Woods has never looked worse.

As he has done so often at the Bridgestone Invitational, Woods doffed his cap yesterday as he walked up the 18th green to warm applause from fans.

Only there was no trophy waiting for him. This sounded more like a sympathy cheer. The world's No. 1 player looked utterly beaten, and was.

"Shooting 18-over par is not fun," Woods said. "I don't see how it can be fun shooting 18 over."

He missed one last birdie putt to close with a 77. That gave Woods the highest 72-hole score — 298 — of any PGA Tour event he ever played, even as an amateur.

It was the first time he shot over par in all four rounds since the 2003 PGA Championship at Oak Hill.

The numbers associated with Woods always have been staggering, now more than ever.

His 298 total was 39 shots higher than the record score he shot 10 years ago at Firestone. He tied for 78th, the highest finish of his PGA Tour career. Only Henrik Stenson (20-over 300) kept Woods from finishing dead last.

No one expected him to dominate as he did before revelations of his sexual escapades in November. But no one could have imagined this.

"He's just not the regular Tiger we're used to seeing," said Anthony Kim, who played his first tournament in three months after thumb surgery and beat Woods by two shots.

THE ASSOCIATED PRESS

Title puts Mahan in Ryder Cup

Hunter Mahan has won the Bridgestone Invitational for his first World Golf Championship title. The bonus was a spot on the U.S. Ryder Cup team.

Phil Mickelson had a shot to take over the No. 1 ranking from Tiger Woods by finishing fourth at Firestone. Instead, Mickelson shot a 78.

Mahan, above, ran off five birdies on the front nine to take the lead. He then made big par saves down the stretch to finish at 6-under 64.

THE ASSOCIATED PRESS

ANDY LYONS/GETTY IMAGES

▶ Tiger Woods plays from the rough on the 16th hole yesterday at the Bridgestone Invitational.

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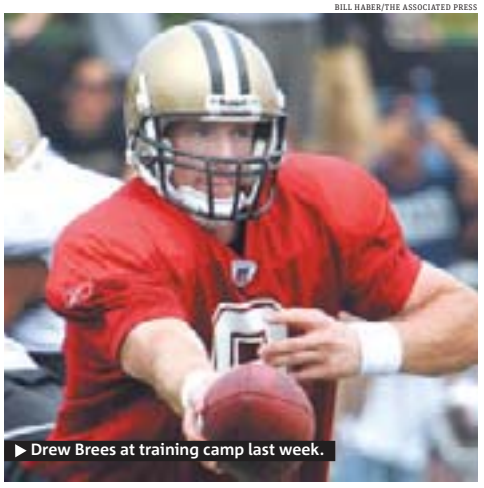

Drew Brees at training camp last week.

The defending champion New Orleans Saints have opened training camp with the look of a team that has it all figured out.

All rookie contracts were signed by the first day of practice. No one is holding out. Everybody reported without any significant, season-threatening injuries. No healthy players have been barred from practice because they couldn't pass a conditioning test.

There have been no fights. The main off-field drama — Reggie Bush's role in an NCAA report that produced sanctions for USC — won't affect Bush's pro career and does not appear to have hurt his local popularity. There hasn't been much drama on the field, either.

Are the Saints trying to be boring?

"We are," quarterback Drew Brees said. "We're just trying to take care of business, let everybody speculate and talk, and come out ready to play Week 1."

The headline-grabbing plot twists of the 2010 NFL preseason seem to be developing anywhere but the Big Easy.

"Most championship teams don't have those issues, especially the ones that are really serious about trying to collect multiple Lombardis," fullback Heath Evans said.

THE ASSOCIATED PRESS

Plugged in

The Saints have seen very little player turnover.

1. New Orleans has all starters back from last season's offence.
2. Only two starters from the defence moved on elsewhere.
3. Punter Thomas Morstead is entrenched, as is Garrett Hartley at kicker.

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MATTHEW STOCKMAN/GETTY IMAGES

▶ Rafael Nadal competes at last year's Rogers Cup in Montreal.

Wide-open field at Rogers Cup

No heavy favourites at this year's tournament
Nadal, Federer, Novak and Murray enter in top form

Take your pick: Rafa, Roger, Novak or Andy.

All are former Rogers Cup champions, all appear to be in top form and all have a decent shot of winning the title again.

After years of having one or two players enter as heavy favourites, the 2010 edition of the $2.43-million US tournament boasts an impressive field where seven or eight players could be considered good bets to raise the trophy.

There's world No. 1 and top seed Rafael Nadal of Spain, who won the Rogers Cup in 2005 and 2008. There's third-seeded Roger Federer of Switzerland, the 2004 and 2006 champ who's still at the top of his game despite falling from his perch at the top. Sandwiched between them is No. 2 seed and 2007 champion Novak Djokovic of Serbia.

4

Number of Canadians given wild-card entries. They include Frank Dancevic, Pierre-Ludovic Duclos, and Peter Polansky and Milos Raonic

Defending champion Andy Murray of Britain is back as the No. 4 seed. Fifth-seeded Robin Soderling of Sweden is also in the mix along with veteran Nikolay Davydenko of Russia (No. 6 seed), Tomas Berdych of the Czech Republic (No. 7) and veteran American Andy Roddick (No. 8).

In other words, it's anyone's tournament.

"It's great for the sport," Djokovic said yesterday. "It's a bigger group of players who are able to win major events. It makes it more interesting for the crowd and for us. You know, to compete, it is more challenging."

Djokovic has jumped ahead of Federer in the world rankings, but he still pegs the Swiss star and Nadal as the players to beat.

"Of course Rafa and Roger are the two biggest players in our era and the two biggest favourites to win any tournament they play in," Djokovic said.

The top eight seeds have been given byes to the second round. First-round play begins today.

THE CANADIAN PRESS

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	68	41	.624	-
TAMPA BAY	67	44	.604	2
BOSTON	63	48	.568	6
TORONTO	59	52	.532	10
BALTIMORE	37	74	.333	32

AL CENTRAL

	W	L	Pct	GB
CHICAGO	63	48	.568	-
MINNESOTA	63	49	.563	.5
DETROIT	54	57	.486	9
KANSAS CITY	47	64	.423	16
CLEVELAND	47	65	.420	16.5

AL WEST

	W	L	Pct	GB
TEXAS	64	47	.577	-
OAKLAND	56	54	.509	7.5
LOS ANGELES	56	57	.496	9
SEATTLE	42	70	.375	22.5

NL EAST

	W	L	Pct	GB
ATLANTA	64	47	.577	-
PHILADELPHIA	62	49	.559	2
NEW YORK	55	56	.495	9
FLORIDA	54	56	.491	9.5
WASHINGTON	49	63	.438	15.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	64	48	.571	-
ST. LOUIS	61	49	.555	2
MILWAUKEE	53	59	.473	11
HOUSTON	47	63	.427	16
CHICAGO	47	64	.423	16.5
PITTSBURGH	39	72	.351	24.5

NL WEST

	W	L	Pct	GB
SAN DIEGO	64	46	.582	-
SAN FRANCISCO	63	49	.563	2
COLORADO	58	53	.523	6.5
LOS ANGELES	58	54	.518	7
ARIZONA	43	69	.384	22

Yesterday's AL results

Toronto 1 Tampa Bay 0
Baltimore 4 Chicago White Sox 3
Detroit 9 L.A. Angels 4
Minnesota 5 Cleveland 4
Oakland 3 Texas 2
Seattle 3 Kansas City 2
Boston at N.Y. Yankees

Yesterday's NL results

Atlanta 6 San Francisco 3
Cincinnati 11 Chicago Cubs 4
Colorado 8 Pittsburgh 4
L.A. Dodgers 8 Washington 3
Milwaukee 11 Houston 6
Philadelphia 6 N.Y. Mets 5
San Diego 10 Arizona 1
St. Louis at Florida (ppd., rain)

Today's AL games

Boston at N.Y. Yankees, 2:05 p.m.
Chicago White Sox at Baltimore, 7:05 p.m.
Tampa Bay at Detroit, 7:05 p.m.
Kansas City at L.A. Angels, 10:05 p.m.
Oakland at Seattle, 10:10 p.m.

Today's NL games

St. Louis at Cincinnati, 7:10 p.m.
Atlanta at Houston, 8:05 p.m.
Arizona at Milwaukee, 8:10 p.m.
Chicago Cubs at San Francisco, 10:15 p.m.

JAYS SUNDAY BOX SCORE

TAMPA BAY	AB	R	H	BI	BB	SO	AVG.
ZOBRIST RF	3	0	0	0	1	2	.264
CRAWFORD LF	4	0	0	0	0	3	.299
LONGORIA 3B	4	0	1	0	0	2	.285
D.JOHNSON 1B	3	0	0	0	1	2	.214
JOYCE DH	3	0	0	0	0	2	.204
JASO C	3	0	0	0	0	1	.267
B.UPTON CF	3	0	0	0	0	2	.233
BRIGNAC 2B	2	0	0	0	0	2	.262
B-W.AYBAR PH-2B	1	0	0	0	0	0	.247
BARTLETT SS	3	0	0	0	0	1	.238
TOTALS	**29**	**0**	**1**	**0**	**2**	**17**	

TORONTO	AB	R	H	BI	BB	SO	AVG.
WISE LF-CF	4	0	1	0	0	2	.271
Y.ESCOBAR SS	3	1	1	0	1	0	.298
J.BAUTISTA RF	3	0	0	0	1	0	.260
V.WELLS CF	2	0	1	1	0	0	.274
A-SNIDER PH-LF	1	0	0	0	1	1	.252
LIND DH	4	0	1	0	0	1	.224
A.HILL 2B	3	0	0	0	1	0	.213
OVERBAY 1B	3	0	1	0	0	0	.250
ENCARNACION 3B	3	0	0	0	0	0	.249
J.MOLINA C	2	0	0	0	1	1	.270
BARTLETT SS	3	0	0	0	0	1	.238
TOTALS	**28**	**1**	**5**	**1**	**5**	**5**	

TAMPA BAY	IP	H	R	ER	BB	SO
SONNANSTINE L,2-1	5 ⅓	3	1	1	3	1
CHOATE	⅓	1	0	0	1	2
WHEELER	1 ⅓	0	0	0	1	2
CORMIER	⅓	1	0	0	0	0
TORONTO	**IP**	**H**	**R**	**ER**	**BB**	**SO**
MORROW W,9-6	9	1	0	0	2	17

Near no-hitters

No-hit bids that were broken up in the ninth inning during the 2010 season (x-perfect game):
Aug. 8 - Brandon Morrow, Toronto vs. Tampa Bay; Evan Longoria two-out single to second base, Blue Jays 1-0.
July 10 - x-Travis Wood, Cincinnati at Philadelphia; Carlos Ruiz no-out double to left-centre field, Phillies 1-0, 11 innings.
June 13 - Ted Lilly, Chicago Cubs vs. Chicago White Sox; pinch hitter Juan Pierre no-out single up the middle, Cubs 1-0.
June 2 - x-Armando Galarraga, Detroit vs. Cleveland; Jason Donald two-out infield single to first, Tigers 3-0.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	6	5	1	0	208	139	10
TORONTO	6	4	2	0	142	177	8
WINNIPEG	6	2	4	0	179	166	4
HAMILTON	6	2	4	0	146	175	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
CALGARY	6	5	1	0	167	127	10
SASK.	6	4	2	0	198	183	8
EDMONTON	6	1	5	0	130	183	2
B.C.	6	1	5	0	122	142	2

Friday's results

Montreal 30 Saskatchewan 26
Toronto 29 Edmonton 28

Saturday's results

Calgary 27 B.C. 22
Hamilton 29 Winnipeg 22

TRANSACTIONS

American League

MINNESOTA TWINS-Optioned RHP Anthony Slama to Rochester (IL). Reinstated INF Orlando Hudson from the 15-day DL. Assigned INF Matt Tolbert to the Twins (GCL) for a rehab assignment.

National League

COLORADO ROCKIES-Recalled RHP Esmil Rogers from Colorado Springs (PCL). Optioned INF Chris Nelson to Colorado Springs.
LOS ANGELES DODGERS-Designated OF Garret Anderson for assignment. Purchased the contract of OF/1B Jay Gibbons from Albuquerque (PCL).
PITTSBURGH PIRATES-Fired pitching coach Joe Kerrigan and bench coach Gary Varsho. Promoted assistant pitching coach Ray Searage to pitching coach and minor league field coordinator Jeff Banister to bench coach.

NFL

JACKSONVILLE JAGUARS-Signed LB Tony Gilbert, LB Kris Griffin and DT Leger Douzable. Waived WR Nate Hughes, S Terrell Whitehead and OL Andrew Crummey.
PITTSBURGH STEELERS-Waived S Tuff Harris. Signed S Da'Mon Cromartie-Smith.

TODAY IN SPORTS HISTORY

August 9

2007 - David Beckham makes his long-awaited Major League Soccer debut, entering in the 72nd minute of the Los Angeles Galaxy's 1-0 loss to D.C. United.

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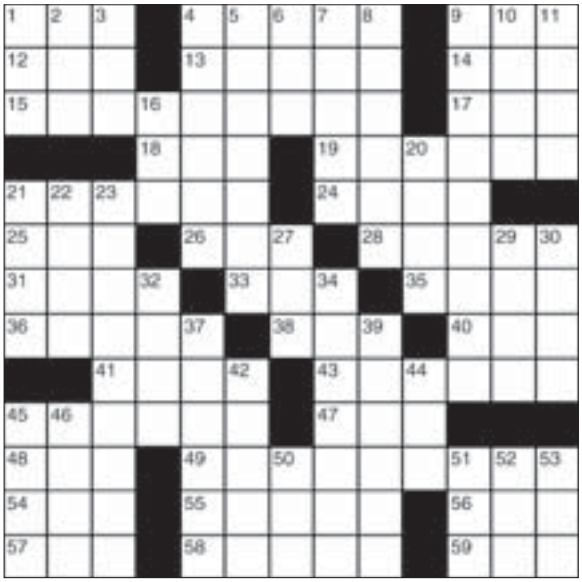
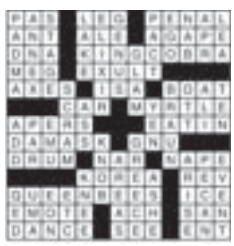
Crossword



Across
1 Completely
4 Expire
9 Big pig
12 Zodiac sign
13 Playful water critter
14 "Hail!"
15 Living room piece
17 Scooted
18 — de mer
19 Piece of pasta
21 Take a breath
24 Formerly, formerly
25 Mediterranean or Baltic
26 Home for 9-Across
28 Loses weight
31 Traditional stories
33 Listener
35 Leave out
36 Finish
38 Fellows
40 Historic time
41 Faucet problem
43 Autumn, e.g.
45 Leisurely walk
47 Scot's cap
48 Swiss canton
49 Fonda/Hopper classic
54 Gun the engine
55 Serviceable
56 Have debts
57 CBS logo
58 Studied (over)
59 Whammy

Down
1 Hearty brew
2 Meadow
3 — Angeles
4 Natives
5 Jock
6 School org.
7 Paris' river
8 Mistakes
9 Dickens novel
10 Ellipse
11 Hereditary bit
16 Singer Sumac
20 Norway's capital
21 Capri, for one
22 Night light?
23 Data-storage device
27 Sweet potato
29 Surrealist Joan
30 Ollie's pal
32 Continental money
34 Shape anew
37 Amass
39 Approached
42 Socrates' student
44 Chartres chum
45 Foolproof
46 Deuce beater
50 Madam's counterpart
51 Homer's interjection
52 Ram's mate
53 Actor Harrison

▶ Yesterday's answer



Sudoku

		2		3			5	
	4	5		1				
8		6			5			
	2	8						9
	9		4		8		7	
4						8	1	
			6			5		2
				9		3	4	
	5			7		6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	5	1	9	2	7	6	4
4	7	6	3	8	5	1	9	2
1	2	9	4	6	7	8	5	3
7	3	2	5	1	4	9	8	6
6	1	4	9	7	8	2	3	5
5	9	8	6	2	3	4	7	1
9	6	7	2	5	1	3	4	8
2	5	3	8	4	9	6	1	7
8	4	1	7	3	6	5	2	9

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Dave W, Happy 31 days of pure awesomeness. You make me laugh through the good and the bed. I'm glad to have you in my life.
HEATHER P

Congratulations Hayley & Ian! May you both live happily ever after!
LOVE ALWAYS, YOUR FAMILY & FRIENDS

Mom and Dad, Thank you for always supporting me and encouraging me to follow my dreams, your always there to motivate me and watch over me. I want to tell you that I appreciate it!
CHEROLYNA

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19
There are so many things you want to change but you would be wise to resist the urge to make the kind of changes that others don't like. Compromise is a must today.

♉ Taurus April 20-May 21 Your sixth sense should also be telling you this is not the right time to make a major move of some kind. What happens tomorrow will clear obstacles from your path – then you can really get going.

♊ Gemini May 22-June 21
Don't try to avoid confrontation today because this is one of those occasions when no matter how much you try to win others round they won't want to listen.

♋ Cancer June 22-July 22
Today you are going to have to make a difficult decision concerning your ambitions. Don't worry about convincing others that you know your own mind – first you need to convince yourself.

♌ Leo July 23-Aug.23 Act on the assumption that you are hearing only half the story today. Question what you see and hear and don't be afraid to challenge accepted wisdom.

♍ Virgo Aug. 24- Sept. 22
Money matters are likely to be a source of some dispute today and if a friend or work colleague asks for a loan you would be wise to say you are short of cash yourself. If not, you most likely soon will be.

♎ Libra Sept. 23-Oct. 23 Make an effort to be nice today, even with people whose only concern seems to be rubbing you up the wrong way. The fact is they feed off negative vibes, so the way to beat them is to be upbeat at all times.

♏ Scorpio Oct. 24-Nov. 22 You have so much energy at your disposal, but what are you going to do with it all? Physical activity of some kind is probably the best way to channel your Scorpio drive.

♐ Sagittarius Nov. 23-Dec. 21 You need to be aware of your limits. If you take on too much, or take on the wrong person, your efforts will at best come to nothing and might even end in defeat.

♑ Capricorn Dec. 22-Jan. 20
You are always looking for ways to improve your status and reputation but the planets warn your efforts could backfire today, especially if employers and other powerful people think you are being insincere.

♒ Aquarius Jan. 21-Feb. 18
What you want to believe and what it's wise to believe are likely to be two completely different things today, be careful.

♓ Pisces Feb. 19-March 20
Don't try to bluff your way through a situation where you don't have all the facts at your fingertips. You may think you are smart enough to stay out of trouble but if you're wrong it could be costly. Play safe.
SALLY BROMPTON

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